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**Newsletter**

**Summer**

**2019**



## **SAIL Members to Present at National Conference**



By Catherine Irwin

SAIL representatives Marianne Alexander and Catherine Irwin will present a summary of SAIL's "Hear This!" program at the 2019 Village to Village Network Conference in Chicago which kicks off on September 18. They will share how the program was designed, what we have accomplished and what we plan to do in the future. Most importantly, our program will act as a model for other Villages across the country who want to find ways to interact with young people. Carolee Youngblood has agreed to be an alternate for the panel if Catherine or Marianne are unable to attend.



Catherine Irwin and Marianne Alexander

Here is a recap of SAIL's "Hear This!" program in case you missed it in the last issue.

"Hear This!" Phase 1: SAIL members and Shepherd University students attended Oral History Workshops on March 2 and March 23 at Shepherd University. The goal of the workshops was to collect, preserve and share stories of formative life experiences. Dr. Elizabeth Perego, Assistant Professor of History at Shepherd University, gave participants an in-depth look at the personal dedication and skills needed to conduct a successful oral history interview. Participants were coached on interviewing techniques, ethics and best practices. Oral histories will be transcribed and made available to the public.

"Hear This!" Phase 2: The project will wrap up this fall with a final workshop led by Adam Booth, a nationally acclaimed storyteller and SU faculty member. Project participants will be learning how to make an effective presentation. A storytelling evening is planned for participants, both young and old, to tell their stories to a public audience.

SAIL Board Member, Marianne Alexander, is the Oral History Project Coordinator. Maylene Reisbig is Project Administrator. Carolee Youngblood has assisted on the project by doing outreach and coordinating hospitality. The SAIL Fundraising Committee has also applied to local community organizations for supportive funding.



## President's Column



By Carolyn Rodis

Summer is upon us, in all its floral glory – and heat and humidity. Remember to keep cool and stay hydrated!

We welcome new member Sue Pellish. As of this writing, we have 100 members.

The Board of Directors held a retreat to discuss our vision for SAIL going forward. I am pleased to report that at the last Board of Directors meeting, the Board approved exploring increased staffing of our office. Please see the full article later in this newsletter.

The Board also approved forming a partnership with the Byrd Center for Congressional History and Education. We will publicize and encourage you to attend its events.

We have available slots for supported memberships. Please have interested persons call the office for details.

“Boost your Brain and Memory,” a popular 8-week class facilitated by Bill Carrigan, is in full swing this month and next. It is taking place in space generously made available by the Byrd Center.

Our Brown Bag Lunches continue to entertain and educate us. Most recently, Kristin Alexander, Executive Director of the Potomac Valley Audubon Society (PVAS) and daughter of members Duane and Marianne Alexander, gave an informative presentation about the offerings of PVAS.

We are proud and excited that Marianne Alexander and Catherine Irwin have been invited to present a session on SAIL's intergenerational “Hear This! Sharing Stories Across Generations” oral history project at the Village to Village Network National Conference in September.

## Future Staffing

By Carolyn Rodis and Jack Young

On Monday, May 6th, the majority of SAIL Board Members gathered at the home of Member Emeritus Jack Young to conduct a Strategic Planning Retreat. SAIL Member Marty Amerikaner served as the Session Facilitator.

The discussion involved the future staffing needs of SAIL. The Board members took part in a visioning exercise to examine how each would like to see SAIL improve moving forward. The consensus was that, in order to grow in the areas of education and programming; service and partnerships with the community; and ensuring SAIL's sustainability and continuity, SAIL should look into hiring a part-time program director or executive director.



Carolyn Rodis, Edwinna Bernat,  
Dan VanBelleghem, Catherine Irwin

We are excited to report that at the Board's May meeting, the Directors voted to approve the report of the Ad Hoc Committee on Future Staffing, made up of Catherine Irwin, Cathy Lewis, Jean Neely, and Carolyn Rodis. The committee had worked on the issue from September 2018 to April 2019. The report identified additional areas of focus that the committee recommended be supported: giving SAIL a stronger community presence; developing partnerships and networks; developing and coordinating programs; assisting with fundraising, marketing and other committee work; and communications. The committee also developed and presented draft job descriptions.



Carolyn Rodis  
Marty Amerikaner

The Board further voted to pursue a staffing plan to establish and hire one full-time equivalent (FTE) position, which will be filled by two part-time contract positions. The Board also voted to approve the formation of a Planning and Search Committee to review and modify the draft job descriptions presented by the Ad Hoc Committee and move forward to hire personnel.

We are looking for SAILers to serve on the Planning and Search Committee. Please call the office to indicate your interest.



## Active SAILers



Our monthly Brown Bag Lunches continue to highlight our friends and interests in the Shepherdstown Community

By Dan VanBelleghem

Our April speaker was longtime Community Club activist and beekeeper, Mike Austin, who gave us a taste of what it felt like to be in Viet Nam as that conflict was winding down. Mike retired in 2004 after more than 20 years in civil emergency management, but his most memorable service came when he was in command of the evacuation of our embassies in both Cambodia and South Viet Nam. Mike's presentation highlighted the tragedies of war and provided some comic relief with the foibles war can also produce. He was ably assisted in this story telling by Tim Murphy, also a SAIL member and veteran of the conflict in Viet Nam.



←  
April speaker  
Mike Austin

→  
Attendees  
Wendy Moseley  
and Susan Kern





## And in May...



Presenter  
Kristin Alexander

Kristin Alexander, Executive Director of the Potomac Valley Audubon Society (PVAS) and daughter of SAIL members Duane and Maryanne Alexander, provided a look at the richness of birds and other wildlife in our part of the Eastern Panhandle. Kristin graduated from Penn State in Environmental Education in 1994 and has been PVAS Executive Director since January of 2007.

As with most Brown Bag Lunches, beverages and desserts were supplied by Eleanor Finn and helpers Suzie Patrick, Jane Tuckerman, and Diana Eldridge.



## Volunteer Training

By Jack Young

On April 12, approximately twenty SAIL members/volunteers attended a periodic training session addressing "Practical Tips to Facilitate Communication in Challenging Situations." SAIL President Carolyn Rodis led the presentation.

Carolyn indicated that her objective was to present a workshop in which attendees would experience some of the physical changes that might occur as seniors age, and to brainstorm strategies to improve communication in those situations. Carolyn provided some training aids to demonstrate/assist during the session. Members simulated arthritic hands by taping their fingers together, wore special glasses to see as a person with macular degeneration would, and experienced other handicapping features.

In addition to the training, attendees were treated to an excellent lunch.



Jane Tuckerman and Woody Garrett



Volunteer Cindy Keller - using a training aid to demonstrate reduced vision due to macular degeneration!



Monte Cole dealing with reduced hand dexterity- emblematic of an arthritic condition.

## Trivia News

By John Burns

On Tuesday, April 16, this stalwart team of nine placed third: John Burns, Jack Young, Bruce Lapham, Tim and Esther Murphy, Elinor Ross, Maylene Reisbig, and Joan and Erdem Ergin.

In May, we came in second place-- missed tying for first by one point. This stalwart group of 9 did the deed: John Burns, Jack Young, Esther and Tim Murphy, Carolyn Kerr, Paul Kradel, Susan Kern, Elinor Ross and Maylene Reisbig.

[Editor's note: John is too good a sport to tell you this, but they should have taken first place. How many of you know who said, "We have nothing to fear but fear itself"? John knows!]

### SAIL Members speak at Shepherd University Graduate Course



On Thursday, April 25th, SAIL Members Jack Young and Mike Austin were invited to speak at the Shepherd University evening graduate level class-- subject: Leadership and Ethics. Adjunct Professor Jim West conducted the class at Shepherd's Martinsburg Facility. The session was lively and provided an excellent forum for discussion and questions.

Jack Young and Mike Austin

## To Think About

This year marks the 500<sup>th</sup> anniversary of Leonardo Da Vinci's death.

1. Leonardo was the illegitimate love child of a lawyer by the name of Ser Piero and a peasant named Caterina. He was brought up in rural Tuscany and sent to Florence in his teens to become an apprentice.
2. He did not receive any formal education. Da Vinci was first trained as a musician, a lyre player to be exact, and was homeschooled. He later trained under the Florentine painter Andrea del Verrocchio and spent days observing nature, which prominently featured in his works.
3. Da Vinci was ambidextrous. He was known to have been able to write with one hand and draw with another at the same time. He developed a system of writing backwards to note down his important findings and to hide secret messages, decipherable only through a mirror.
4. Although a pacifist, Da Vinci was a military engineer. Apart from his amazing paintings, Leonardo made extensive detailed drawings of helicopters, airplanes, parachutes, armored tanks, automatic rifles, and other lethal siege weapons.



Source-- <https://artlitr.com/leonardo-da-vinci-6-facts-you-didnt-know/>

## Health and Well-being

### Moving toward a more Accessible Livable Shepherdstown

By Linda Spatig

Here's an update from the Accessibility Committee. First, we have developed an "Accessibility Tips" brochure that provides information and ideas for local business owners to make their sites more fully accessible. We will bring the flyer draft to a Shepherdstown Business Association meeting for feedback.

The Train Station owner will provide funds for two portable ramps for Shepherdstown. These funds, in addition to those provided by the town, will be used to purchase a three-foot ramp and a five-foot ramp that may be borrowed by businesses or individuals. We may keep them at the Visitor's Center. Representing concerns of SAIL members, I asked Shepherd University representative Jim King to consider painting visible stripes on the Wellness Center entrance steps and also on the steps at the back entrance of the Frank Center. We also discussed problems with entering the Marinoff Theatre. He agreed to look into these issues.

Mayor Auxer has appointed members for an Age-Friendly Communities Advisory Board, an ad hoc committee of Shepherdstown Town Council. The board consists of me, heading it and representing SAIL, Jan Hafer, representing the Visitor's Center, Kendra Adkins, representing Shepherdstown Business Association, Jim King, representing Shepherd University, Ellen Jacobs, representing Shepherd Village, and Mark Everhart, representing Shepherdstown Town Council. We may add members--specifically, someone with a disability, a Ministerial Association representative, and someone from Historic Shepherdstown.

At our initial meeting, we discussed how we became part of the Network of Age-Friendly Cities and Communities. Our next step in the process will be surveying community members about how to make Shepherdstown a more "livable community" for those of all ages and abilities. We reviewed a 16-item online survey, provided by the AARP, that will soon be available. Once the survey is completed, the AARP will compile results, prepare a report, and send that, along with the raw data, to us. We will use these results, as well as data from focus group interviews with community members, in developing an action plan to make Shepherdstown a more livable community.

Stay tuned for more info on the surveys and focus groups. Hopefully many SAILers will consider completing the survey and participating in a focus group interview. Our input is important! Shepherdstown's current Livability Index score is 48 out of 100. We score highest on the category called Neighborhood (access to life, work, and play) and lowest on Health (prevention, access, and quality).

For additional information or to share ideas or concerns, contact Linda Spatig (spatig@marshall.edu or 304-617-5318.)



# Cognitive Functioning, Aging and Work

By Marty Amerikaner



Marty Amerikaner

In recent years, many adults have continued to work beyond “typical” retirement ages. A recent article discusses the interplay between work and cognitive functioning for older adults. It’s a complicated story, with a lot of “moving parts.” My aim here is to explore several questions that may be applicable to our own lives.

Does job performance decline with age? Many of us might assume that “yes” is correct, but the evidence is more complex. Research doesn’t show consistent differences in job performance tied to aging, even though some cognitive abilities do decline with age. One possible explanation is that older workers compensate for declines in some abilities with increases in what is called “crystallized” knowledge (wisdom accumulated throughout one’s lifetime). Such factors as type of job, physical and emotional wellbeing, and even genetics seem to play a role here. But the data really do challenge stereotypes of negative performances by older workers.

Does work help maintain cognitive skills? The evidence says “yes.” The phrase “use it or lose it” typifies the outcome of this research. Many studies support the idea that maintenance of cognitive functioning is tied to consistent engagement with projects providing activating and challenging tasks. It seems that ongoing “deep engagement” with stimulating and complex problems, such as those found in many work environments, are key. One possible explanation is that engagement with stimulating environments promotes ongoing development of both “neuronal resources” (brain cells and connections) and of thinking strategies, which together form our “cognitive reserve”-- essentially a cognitive “savings account” that can be drawn upon during challenging periods of older age.

Does the type of work matter? Again, the short answer is “yes.” It seems that more cognitively complex work demands-- particularly for “lifetime occupations”--promote better cognitive functioning in later life. Further, some research shows that workers who face regular changes and novel situations through time show less cognitive decline in later life than those whose work remains more consistent. That is, novelty and change seem to play an important role in sustaining cognitive function over the long haul.

One seeming paradox in the “type of work” arena is the role of physical activity. On one hand, physical activity clearly promotes health of all kinds, including cognition. However, working in fields that require greater physical activity, such as manual labor, predicts greater loss of cognitive function. Three possible explanations are offered in the article. First, manual labor is typically linked to lower educational, financial and social outcomes-- and each are linked to greater risk of cognitive decline in later years. Second, much physical labor is repetitive and thus not intellectually challenging enough to enhance cognitive growth. Third, environments in which manual labor is performed likely expose workers to more hazards (e.g. injuries, chemicals) that contribute to negative outcomes later on.

Does “work” have to mean paid employment? Here, the answer is best summarized as “not necessarily.” Volunteer work hasn’t been studied as much as employment, but some results suggest

volunteer work has similar benefits-- with the same caveats. The important elements seem to be complexity of tasks, sustained “deep” engagement and the range of problems and challenges encountered.

Of course, many questions remain-- the “why” and the “how” regarding maintenance of cognitive functioning are still somewhat elusive. But in the meantime, it sure seems that the evidence “shouts” at us all to stay deeply involved in truly challenging, complex, engaging activities as much, and for as long, as we can! It may well be that the frustrations tied to difficult problems are in some ways their own reward as they stimulate us to think and problem solve in new ways.

Source: “Cognitive functioning, aging, and work: A review and recommendations for research and practice.” Fisher, G; Chaffee, D; Tetrack, L; Davalos, B; Potter, G. Journal of Occupational Health Psychology (Jul 2017): 314-336.



## Coming Up....



### SAILers March

Parade date and time: Thursday, July 4, 2019 at 11:00 am

This year, Shepherdstown will again celebrate Independence Day with a Fourth of July parade sponsored by the Rotary Club of Shepherdstown. SAIL will join in the fun by being part of the parade! We hope you will join us. Here's what to do: We will form up beginning at 9:30 am on Church Street, south of German Street. A parade coordinator will be on hand to tell you where SAIL is in the line-up.

When the parade starts at 11:00 am we will proceed down German Street to Princess Street and end there. We have banners and flags to wave, so don your red, white and blue and march with SAIL!

Free parking is available at the university lot at the corner of High and Princess Streets.

After the parade, the Rotary invites us to attend the community picnic. It will be held from 12 noon to 3:00 pm at Shepherdstown's Morgan's Grove Park.

### Batter's Up!

The Annual SAIL Baseball outing is now set for Thursday evening, June 13, 2019. We try to sit together in the covered grandstand right behind the Hagerstown Suns dugout. The game starts at 7:00 pm in the Hagerstown Memorial Stadium, 274 East Memorial Blvd, Hagerstown, MD. Grandstand Tickets are now on sale for \$8.00 each from Linda O'Brien by calling the SAIL Office at 304-870-7245. Make all checks payable to Shepherdstown SAIL.

The Suns will be playing the Charleston WV Power team on June 13. The Powers are now in 6th place and the Suns are in 5th place so the teams are evenly matched and we expect an exciting game of baseball. The game is what Hagerstown calls a Thirsty Thursday evening. Soft drinks are \$1 each, Draft Beer is \$2.00 each, and Craft Beer is \$3.00 each.



## Ted Walton Suggests...

Here are two delightful Wolf Trap events to look forward to:

The World Turned Upside Down-- Death decides to teach the world a lesson in this powerful program, including two one-act operas:

Merlin's Island, by Christoph Willibald Gluck: Two Parisians are shipwrecked on an island paradise where the rich marry the poor, attorneys are always honest, spouses are always faithful and artists are richer than businessmen. Heaven? Not quite! A takeoff on 18th century vaudeville, Merlin's Island is brimming with inspired melodies, beautiful ensembles and heart-warming characters.

The Emperor of Atlantis, by Viktor Ullmann: A mad emperor declares war on everyone, resulting in a world in which people no longer laugh, the dying no longer die, and life and death have lost their meaning. This daring satire was composed while Ullmann was interned in the Nazis' Terezin ghetto and examines the arrogance of unstoppable power as well as human resilience. This controversial and brilliant opera is filled with humor and poignancy, with music that ranges from blues to German folk tunes to a Bach chorale.

Sunday, June 30 at 3:00 p.m. Rear Orchestra seats are \$48, but with ten we get a group discount. We will carpool to this event. If interested, please call Ted Walton at 304-282-0694.

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Swan Lake-- The American Ballet Theatre presents this romantic tale of ill-fated passion, dream-like transformation and ultimate forgiveness set to Tchaikovsky's glorious score which has inspired awe and wonder for generations. Featuring choreography by Kevin McKenzie after Marius Petipa and Le Ivanov.

Thursday, July 11 at 8:30 p.m. Rear Orchestra seats are \$60, but with twenty we get a group discount. We will carpool to this event. If interested, please call Ted Walton at 304-282-0694.

## Brown Bag Lunch Schedule

Our Brown Bag Lunch in June will comprise of a discussion with you, our membership, on hiring more staff to coordinate and oversee all aspects of the organization including fundraising, services, and community involvement. Also we will discuss the potential expansion of the programs that are of benefit to our membership. Our June meeting will be held on June 21 at the usual location, Trinity Episcopal Church Fellowship Hall at 11:30 am.

In July, David Rampy, a new SAIL member and retired Opera Singer, will provide an inside look into Opera productions around the world and open up the secrets of successful opera productions. He recently provided an in depth look at the Operas of Giuseppe Verdi for Shepherd University's Lifelong Learning program.

## **Trivia Tuesdays**

“SAILers Have More Fun” is the name of our team that competes on the third Tuesday of each month for Trivia held at the Rumsey Tavern in the Clarion Hotel. The game starts at 7:00 pm. The game is over before 9:00. Most of all, we just have a good social time together! For more information, contact John Burns 304-876-9146.

Join us on the following Tuesdays at 7:00: June 18, July 16, August 17.

## **Coffee and Conversation**

Jack Young continues to host Coffee and Conversation meetings at his home to introduce prospective members to SAIL. He reports that the May meeting was quite interesting, with three SAIL members and three visitors. If you know of someone who would benefit by being a member of SAIL, please invite them to join us. Call Linda to register 304-870-7245. Jack encourages SAIL members to attend these meetings, as well.



The dates for this quarter are: June 19, July 23 and August 21 at 10:30 a.m.

## **Lunch Bunch**

Winnie McGarty has assumed responsibility for scheduling for the Lunch Bunch . The June get-together will take place at noon on Tuesday, June 11<sup>th</sup>, at Dempsey's Grille in Middletown, Maryland. If you wish to carpool, call Winnie at 703-887-0093, or the SAIL office at 304-870-7245.

## **Walking Group**

The walking group meets every Tuesday at 10:00 at the large parking lot of the C&O Towpath.

## **T'ai Chi**

The beginners group meets on Thursdays at 9:30 at Trinity Chapel. The advanced class meets on Tuesdays at 9:00 also at Trinity Chapel.

## **Balance Class**

The balance class meets on Fridays at 10:00 at the Wellness Center.

## CATF Ticket Raffle



Beginning on June 1, SAIL members will be raffling tickets for the Contemporary American Theater Festival productions. You will find our volunteers sitting in front of the library each Saturday and Sunday through June 23. Joan Ergin was able to sign up two members for every two-hour slot. Thank you, Joan, and a big thank you to these volunteers!

Jane Tuckerman and Bill Brown sell the first raffle ticket to Jack Young

Saturday, June 1 -	10:00 – 12:00	Jane Tuckerman & Bill Brown
	12:00 – 2:00	Maylene Reisbig & Elinor Ross
	2:00 – 4:00	Diana Eldridge & Brenda Guzzy
Sunday, June 2 -	10:00 – 12:00	Judy & Carl Moore
	12:00 – 2:00	Helen Burns & Rie Wilson
	2:00 – 4:00	Suzie Patrick
Saturday, June 8 -	10:00 – 12:00	Bill Carrigan & Eleanor Finn
	12:00 – 2:00	Woody Garrett & Duane & Marianne Alexander
	2:00 – 4:00	Norma Siler & Scotty Turner
Sunday, June 9 -	10:00 – 12:00	Jack Kendall & Pug Puglisi
	12:00 – 2:00	Fred & Irene Klein
	2:00 – 4:00	Cathy & Tom Lewis
Saturday, June 15 -	10:00 – 12:00	Linda Spatig & Marty Amerikaner
	12:00 – 2:00	Monte Cole & Carolee Youngblood
	2:00 – 4:00	Lara & Gary Engebretson
Sunday, June 16 -	10:00 – 12:00	Marellen Aherne & Charlie Brown
	12:00 – 2:00	Edwinna Bernat & Connie Bavlick
	2:00 – 4:00	Tim Murphy & Mike Austin
Saturday, June 22 -	10:00 – 12:00	Melinda & John Landolt
	12:00 – 2:00	Dan VanBelleghem & Catherine Irwin
	2:00 – 4:00	David Rampy & Ted Walton
Sunday, June 23 -	10:00 – 12:00	Carolyn Rodis & Susan Kern





## Special Features



### The Poetry Corner

Edited by Betty Snyder

I am pleased to offer two poems by Ed Zahniser. Ed is well known in Shepherdstown not only for his poetry, but also for his sense of humor.

#### Nostalgia for my typewriter

I read blank books until words reveal themselves. Then I record them in my deteriorating hand script, no secret language despite how even I struggle with the translations afterwards. I once wrote on a Selectric 1 typewriter partly for the sound—its furious frenzied typeball stridently striking paper and platen beneath. It produced a musical alchemy without beakers, pipettes, or alcohol lamp, hardly seeming poet paraphernalia. Often I did not feel responsible for the words.

#### Watercolor Above the Dentist Office Commode

The great blue heron pair wings it through a sky-scape mimicking their own colors that white clouds punctuate. I straighten the frame on the wall lest the herons fly too high as they wing it through their world.



## RECIPE CORNER “FARMERS MARKET TIME”

by Suzie Patrick

The arrival of springtime in Jefferson County brings back our beloved Farmers Market. While there are a variety of farm markets in our area, the Sunday Shepherdstown Market holds our loyalty.

SAIL member, Sandra D'Onofrio and her husband, Tom, were vendors at the Market for a number of years and Sandra offers these suggestions to take advantage of the offerings of the season.

*Pick up a mixture of traditional and exotic greens to be found at several of the vendors, Green Gate Farm, Tangy Produce, and Tudor Hall. Dress with a classic French Vinaigrette. For a spot of color and interest add an edible flower or two, Peace in the Valley and Megan Webber.*

Sandra suggests the following website for ideas:

<https://what'scookingamerica.net/EdibleFlowers/EdibleFlowersMain.htm>.

*She continues: To augment the salad grab a crusty bread loaf from Cazuela Stone Hearth Bakery, choose your favorite cheese from the Fresh and Local or Shepherd's Whey Creamery, or drop by The Farmers Daughter and pick up the tasty Pate Campagne. And to finish off with a bit of sweet try some local honey at Shade's Farm Honey or chocolate from Appalachian Chocolate Co.*

Healthy, delicious and a support to the local economy.

### FRENCH VINAIGRETTE

Dilute ½ tsp. salt in 4 Tbsp. wine vinegar and then add ¾ cup olive oil.

Follow with 4 tsp. Dijon mustard, a couple of drops of fresh lemon juice and 4 Tbsp. chopped shallots (not garlic).

Add pepper to taste and 1 tsp. soy sauce at the end to bind it all together.

Shake in a jar and store in refrigerator.

Customize:

Cold Meat- add chives and a little horseradish

Cold Fish – add a little fresh cream and dill

Cucumber Salad – add mint and plain yogurt

A Change – add feta or blue cheese and/or olives



## Unforgotten: TV Series Review

By Marellen Johnson Aherne



Recently I binge watched three seasons of the terrific British crime series, “Unforgotten.” Each season deals with one cold case murder. Nicola Walker and Sanjeiv Bhashar star in the show. Walker you may know from long running BBC shows, “Spooks” and “Last Tango in Halifax,” and Bhashar from “The Indian Doctor” and “The Dumars at No. 42.” Each bring a different sensibility to crime solving. Walker is more emotional while Bhashar is calm but intense.

I particularly liked the series because it is not just a police procedural. Each case introduces us to seemingly unconnected characters who are gradually revealed to have some relationship to the victim. The emotional ramifications on all characters, including the detectives, factor significantly into the plots.

I also really enjoyed the discovery process used to identify the remains of each of the victims. It was fascinating to watch as even the smallest clue could reveal something significant and provide a mechanism to make the next step in a seemingly impossible path of revelation.

The first season focuses on the murder of a 17-year-old who disappeared in 1976 and whose remains are discovered at a home demolition project. Season two focuses on the murder of a Conservative Party consultant who went missing in 1990. And season three focuses on the murder of a schoolgirl who disappeared in 1999.

Season four will be introduced sometime in 2019. I used Netflix to stream these shows.

### True Meanings

**Grandparents:** The people who think your children are wonderful even though they're sure you're not raising them right!

**Show off:** A child who is more talented than yours.

**Whodunit:** None of the kids that live in your house.

**Sterilize:** What you do to your first baby's pacifier by boiling it and to your last baby's pacifier by blowing on it.



## Summer Birthdays

### JUNE BIRTHDAYS

Marianne Alexander  
Jack Young  
Larry Pardue  
Sidney Lewis  
James "Pug" Puglisi  
Catharine Wilson  
Kris MacNichols  
John Burns  
Carolee Youngblood



### JULY BIRTHDAYS

Sue Collins  
Steve Schatken  
Melinda Landolt  
Maurice "Smitty" Smith  
Jean Neely  
Anne "Scotty" Turner  
Elinor Ross  
Eleanor Finn  
Marie Tyler-McGraw  
Edwinna Bernat  
Bob Fisher  
Susan Kern

### AUGUST BIRTHDAYS

Deborah Cole  
Fred Klein  
Jill Schatken  
Duane Alexander  
Joe Adams  
Tom Lewis  
Judith Jones  
Nan Johnson  
Leah Rampy



## Lighter Side

A woman walked up to an old man sitting in a chair on his porch. "I couldn't help but notice how happy you look," she said. "What's your secret for a long, happy life?"

The man replied, "Every day I smoke two packs of cigarettes, drink a case of beer, go to McDonald's for breakfast, lunch and dinner, and never, never exercise."

"That is truly amazing," said the woman. "So exactly how old are you?"

He proudly replied, "Twenty-five."



## Post Script



Jack Young has mentioned that it might be interesting to suggest/invite our members to recall who in their past made a difference in their lives. And that those individuals be contacted and be told of the importance of their contribution.

If folks were to take such action, then perhaps they could write about it for the newsletter. That would have the added benefit of encouraging others to do the same.

We strongly believe in the importance of acknowledging and citing such "life impacting" actions! All too often such recognition is never extended or noted!

What do you think? If any of our members decide to do this, please let us know. As a matter of fact, we're interested in anything our members want to say to our readers. Contact me at [edwinnabernat@gmail.com](mailto:edwinnabernat@gmail.com).

Enjoy your summer!